

Disaster prompts early start for Combined Federal Campaign

Responding to the recent tragic events in Washington, D.C., New York City and Pennsylvania, JSC began its Combined Federal Campaign (CFC) early this year in an effort to support recovery efforts for the victims and their families. The campaign began Sept. 24 with a goal of \$561,000 for 2001 and will run through Oct. 26. This will provide a timely and secure opportunity for our employees to contribute to national and local charities. The CFC 2001 Resource Guide, which lists all the charitable agencies, is available through your organization's CFC coordinator or online at the CFC Web site. The address is listed below. These agencies are among more than 1,500 charitable organizations included in this campaign that touch many of us, whether locally, as experienced during Tropical Storm Allison, or nationally, as we begin to recover from the tragic events of Sept. 11, 2001. Employees may designate which

charitable agencies receive their contributions by listing the four-digit agency code on their pledge card. All employees at JSC - contract, Federal and military, plus JSC retirees - may participate with a one-time gift by cash or check (made payable to the CFC). In addition, Federal employees may contribute through payroll deductions, which will take effect in January 2002. Last year, JSC employees and retirees gave over \$557,000 of the \$2.7 million contributed by Federal employees throughout the Houston area. Please contact your organization's coordinator or JSC CFC Coordinator Candy Hunt at (281) 483-1836 for pledge cards and further campaign information, and be sure to ask about the "thank you gifts" and drawings for parking spots.

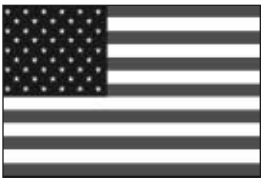
For the latest information, please visit:
<http://jscpeople.jsc.nasa.gov/cfc/index.htm>

At-a-GLANCE

- ✓ An hour-long prayer vigil was held noon Friday, Sept. 14, 2001, at the base of the flagpole in front of Building 1. This was to recognize President Bush's proclamation designating the date as a "National Day of Prayer and Remembrance for the Victims of the Terrorist Attacks on September 11, 2001."
- ✓ An F-16 jet from the 147th Texas National Guard Fighter Wing stationed at Ellington Field, accompanied President Bush and Air Force One during the President's journey from Florida to Louisiana, then to Nebraska and finally Washington, D.C., after attacks on the World Trade Center and Pentagon. Jet fighters at Ellington are prepared to take off around the clock. Their missions typically consist of patrolling between the Florida panhandle and southern Texas. Incidentally, President Bush served in the 147th Fighter Wing in the late 1960s and early 1970s.

- ✓ There are currently 78 NASA employees serving as members in a Federal Reserve component in the U.S. military. Employees are not required to list whether or not they are a member of the National Guard.
- ✓ JSC Cafeterias and Stores held Exchange Disaster Relief Day on Wednesday, Sept. 19. Ten percent of total sales were donated to the American Red Cross Disaster Relief Fund to benefit disaster victims. Employees also received a flag lapel pin for making a purchase in one of the stores for buying lunch or breakfast. Donation jars were also available for employees to make contributions to the Red Cross fund.

- ✓ ISS Commander Frank Culbertson and his two Russian crewmates also witnessed the devastation of the Sept. 11 attacks on the East Coast. Pictures from 240 miles above the earth showed a plume of smoke rising from New York City. To see the view from space, please visit:
<http://www.nasa.gov/newsinfo/WTCplume.html>



EAP supports JSC staff during the national tragedy

By Aaron Wyatt

Emotions were high following the two-day shut down at JSC. Employee Assistance Program Director Jackie Reese and counselor Gail Howell spent the morning of Thursday, Sept. 13, offering assistance to those coping with the aftermath of the attacks on the World Trade Center and the Pentagon. It was the first day back to work for most employees since the Sept. 11 events. A response of anger often is our

way of making ourselves feel stronger, they told a small audience in the Building 30 auditorium. Both Reese and Howell encouraged employees to find a way to channel anger in a healthy, productive manner. Deep breaths, exercising, talking and crying were a few suggestions. At work, employees are encouraged to ask questions regarding emergency plans and anything else bothering them. "We're a big community and everybody's hurting," Reese said. Also recommended was avoiding

watching TV or listening to radio news one to two hours before going to sleep at home. Parents should have a plan for children should anything of this nature occurs again to let them know where they should go to meet each other. EAP representatives met several more times with staff to answer questions and offer guidance.

If you have any needs or further questions, feel free to contact the EAP at (281) 483-6130.

How to cope

Here are some ways to help yourself and others cope with this national tragedy:

- ★ Talk with people.
- ★ Give yourself permission to be distracted.
- ★ Be kind toward others and tolerant of ways in which their coping needs may differ from yours.
- ★ Avoid real and symbolic violence.
- ★ Structure your time.
- ★ Keep your life as normal as possible.
- ★ Help your children understand in ways that are not overwhelming.
- ★ Take care of yourself physically.
- ★ Spend time with people you enjoy, doing things you enjoy.
- ★ Engage in activities that reaffirm your sense of yourself and others as members of a caring community.

Talking to children

Keep these points in mind the following weeks when helping your children understand the attack on America:

- ★ Infants pick up on the anxieties and actions of those around them and may react in a fussy manner. Remain calm when interacting with your infant—keep routines consistent and provide their usual environment.
- ★ Toddlers and preschoolers may ask questions about what is going on. Try to answer in simple terms and reassure them they are safe. Keep routines consistent by offering to watch videos and reading books with them. If they watch TV or listen to radio reports, you should be in their presence.
- ★ School-age children are more interested than younger children but may be less capable than older children with coping and communicating
- ★ Adolescents need to be engaged in healthy conversation. Share your feelings with them honestly and encourage them to express their feelings of anger. Brainstorm with them how they can deal with those feelings.

JSC's Human Resources Office has created a special Web site for up-to-date post-disaster information:
<http://jscpeople.jsc.nasa.gov/disaster/>